

On October 26, 2016, the Governor of California signed California Assembly Bill 2007 into law. The law, titled “Youth Sports Concussion Protocols”, is effective January 1, 2017 and is found in the California Health Safety Code under the section referencing “Adolescent Health” (Cal Health and Safety Code §124235).

The new law applies to “youth sports organizations” which includes any organization, business, non-profit entity or local government agency that sponsors or conducts amateur sports competitions, training camps, or clubs in which persons seventeen (17) years of age or younger participate: youth sports organizations are required to immediately remove an athlete who is suspected of sustaining a concussion or other head injury in an athletic activity for the remainder of the day. The athlete shall not be permitted to return to the athletic activity until being evaluated by, and receiving written clearance to return to athletic activity from, a licensed health care provider. An athlete who has sustained a concussion shall complete a graduated return to play protocol of not less than seven (7) days in duration under the supervision of a licensed health care provider. If an athlete seventeen (17) years of age or younger has been removed from athletic activity due to a suspected concussion, the youth sports organization shall notify a parent or a guardian of that athlete of the time and date of the injury, the symptoms observed and any treatment provided to that athlete for the injury. On an annual basis, a youth sports organization shall provide a concussion and head injury information sheet to each athlete. The information sheet shall be signed and returned by the athlete and, if the athlete is seventeen (17) years of age or younger, shall also be signed by the athlete’s parent or guardian before the athlete initiates practice or competition.

**Parent/Athlete Concussion Awareness Information:**

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding”, “getting your bell rung” or what seems to be a mild bump or blow to the head can be serious.

**What are the Signs and Symptoms of a Concussion?**

| <b>Signs Observed by Coaching Staff:</b>  | <b>Symptoms Reported by Athletes:</b>  |
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| <ul style="list-style-type: none"> <li>• Appears dazed or stunned</li> <li>• Is confused about position or assignment</li> <li>• Forgets an instruction</li> <li>• Is unsure of game score or opponent</li> <li>• Moves clumsily</li> <li>• Answers questions slowly</li> <li>• Loses consciousness (even briefly)</li> <li>• Shows mood, behavior or personality changes</li> <li>• Cannot recall events prior to hit or fall</li> <li>• Cannot recall events after hit or fall</li> </ul> | <ul style="list-style-type: none"> <li>• Headaches or “pressure” in the head</li> <li>• Nausea or vomiting</li> <li>• Balance problems or dizziness</li> <li>• Double or blurry vision</li> <li>• Sensitivity to noise</li> <li>• Feeling sluggish, hazy, foggy or groggy</li> <li>• Concentration or memory problems</li> <li>• Confusion</li> <li>• Just not “feeling right” or “feeling down</li> </ul> |

Signs and symptoms of a concussion can show up right after the injury or may appear days or weeks after the injury. If an athlete reports one or more symptoms of concussions listed below after a bump, blow or jolt to the head or body, they should be kept out of play the day of the injury and until a health care professional, experienced in evaluating concussions, says they are symptom-free and they are OK to return to play.

## Concussion Danger Signs:

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow or jolt to the head or body they exhibit any of the following danger signs:

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|---|--|
| <ul style="list-style-type: none"><li>• One pupil larger than the other</li><li>• Is drowsy or cannot be awakened</li><li>• A headache that gets worse or slurred speech</li><li>• Weakness, numbness or decreased coordination</li></ul> | <ul style="list-style-type: none"><li>• Convulsions, seizures or unusual behavior</li><li>• Cannot recognize people or places</li><li>• Becomes increasingly confused or agitated</li><li>• Loses consciousness for any amount of time</li></ul> |
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## Why should an athlete report their Symptoms?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is healing, they are much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. It can even be fatal.

## What should you do if you think your child/athlete has a Concussion?

If you suspect that an athlete has a concussion, remove them from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play until a medical professional says they are symptom free and are OK to return to play. Rest is the key to help an athlete recover. Exercising or activities that involve a lot of concentration (studying, computers, video games) may cause concussion symptoms to reappear or worsen. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

***I, hereby acknowledge having received education about the signs, symptoms and risks of sport related concussion as provided in the information above. I also acknowledge my responsibility to report to my coaches, parent(s) / guardian(s) any signs or symptoms of a concussion.***

\_\_\_\_\_  
Printed name of Child/ Athlete

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Child/ Athlete

\_\_\_\_\_  
Date

***I, the parent / guardian of the child/ athlete named above, hereby acknowledge having received education about the signs, symptoms and risks of sport related concussion as provided in the information above.***

\_\_\_\_\_  
Printed name of Parent/ Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent/ Guardian

\_\_\_\_\_  
Date